

Carb Count Menu

4 Day SEC Breakfast

Carbs (g)

Tue - 05/01/2018	
4 Day Sec Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST CRUMB CAKE	39
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
4 Day Sec Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
4 Day Sec Breakfast	
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, MINI PANCAKES	42
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/07/2018	
4 Day Sec Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, CEREAL, COLD ASST.	23

Cheese, Mozz String 17-18	1
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
4 Day Sec Breakfast	
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, MINI PANCAKES	42
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	
4 Day Sec Breakfast	
BREAKFAST CRUMB CAKE	39
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	
4 Day Sec Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Mon - 05/14/2018	
4 Day Sec Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
4 Day Sec Breakfast	
BREAKFAST, CINN ROLL	74
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST, SANDWICH (SEC)	31
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/16/2018	
4 Day Sec Breakfast	
BREAK, WAFFLES CHICKEN 2017	45
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/17/2018	
4 Day Sec Breakfast	
BREAKFAST, MINI PANCAKES	42
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74

Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
4 Day Sec Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/22/2018	
4 Day Sec Breakfast	
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, SUNRISE MUFFIN	45
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/23/2018	
4 Day Sec Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/24/2018	

4 Day Sec Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST CRUMB CAKE	39
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/28/2018	
4 Day Sec Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/29/2018	
4 Day Sec Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST CRUMB CAKE	39
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/30/2018	
4 Day Sec Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/31/2018	
4 Day Sec Breakfast	
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, MINI PANCAKES	42
BREAKFAST, CINN ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20